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Juggling Class, p. 27

World Map Puzzle Day, p. 6

Dining in Garden Settings, p. 20



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DON'T MISS OUT

Gold Rush

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Boulder Senior Services

A division of the City of Boulder's Housing and Human Services Department

Our Vision

Boulder - An Elder Friendly Community

Our Mission

To serve as a focal point for Boulder as an Elder Friendly Community by addressing the basic needs of seniors, optimizing physical and mental health and well-being, promoting social and civic engagement, and maximizing independence for frail and disabled seniors.

Our Service Philosophy

We strive to provide the highest level of customer service by offering our customers and clients:

- A direct role in determining programs and services to be provided
- Prompt personal attention
- The sense of value and belonging
- Meaningful choices
- Connection with other community resources
- A welcoming and age-friendly environment

On the cover: Joyce Bowen. Seniors in motion: It's all a frame of mind. Photo courtesy of and copyrighted by "Bikes Belong".

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Published for: Division of Senior Services,

City of Boulder

Editors: Karen Morgan and Chuck Shirk

Art Direction/Publishing: CTSi, 3100 Arapahoe Ave., Suite 404, Boulder, CO 80303 (303) 473-1905

Advertising Sales: Marion Murphy at CTSi (303) 473-1905, ext. 103 or mmurphy@ctsionline.com

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Meals on Wheels of Boulder

Meals on Wheels of Boulder, created in 1969, is a private, not-for-profit agency receiving no state or federal funding. Overseen by a volunteer board of directors, Meals on Wheels has prepared and delivered more than 1.3 million meals to Boulder area residents in its 36 years.

Hot, nutritious home delivered meals are available weekdays to individuals who are confined to their homes, including those just returned from the hospital or recovering from an illness (minimum two weeks, please). Special diets are available as are frozen meals delivered on Friday for weekend use. Cost of meals is based on ability to pay. Call us at 303-441-3908 and we'll get you started.

In 2005, 462 volunteers donated more than 9,872 hours! At \$18/hour (a wage determined by a group called The Independent Sector), the cost would have been \$177,696 if we had to hire staff to fulfill our mission! Meals on Wheels would not exist without our all-volunteer Board of Directors; our drivers and substitute drivers who deliver the meals five days per week; the volunteers who assist in the kitchens preparing, packing, and serving meals; the many volunteers who help coordinate the activities of other volunteers; and the cadre of volunteers who come to the office to assist in all areas of administrative activity.

Looking to the Future

Our kitchen, located in the West Senior Center at 909 Arapahoe in Boulder, was designed to produce 25,000 meals a year, but in 2005 we prepared nearly 70,000 meals, including those served at lunchtime and Tuesday evenings at Café Classico. As a result of this enormous growth in number of meals produced, we will be undertaking a complete remodel of the kitchen this summer (June, July and August). Home delivered meals will continue for those months without interruption but Café Classico will be closed for lunch and Tuesday evening dinners. Both of these popular congregate dining options will begin again in the fall. Watch for details on the exact opening and closing dates.

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From the Director -John Riggle

THE END OF AN ERA

On March 22nd, many of Diane Evans' friends and admirers joined all of us in Senior Services as we

celebrated Diane's 26 + years of outstanding service to our division, our department, our city, and, above all, to the seniors of our community. Her retirement party at the East Senior Center was both a moving and memorable event.

Diane and the West Senior Center were bound together from the start. Her distinguished career began in 1979 when she joined Senior Services as an intern. shortly after the new West Center opened its doors. During the years from intern to Senior Services' Assistant Director. Diane provided leadership and inspiration not only to senior programs in Boulder but to those in other communities throughout the county and state. Most recently, she has worked with colleagues throughout the county to develop a strategic plan and vision that will strengthen the city and county as a place in which "we can all age well."

Dear Friends in Senior Services.

As I retire from my work in Senior Services, I wanted to take a moment to thank each and every one of you for sharing your lives with me. I have enjoyed my 26 plus years working in this division and it is because of you that my time has been so meaningful. Thank you for sharing your wisdom, your life stories, your retirement stories, and your enjoyment of life. I am also grateful for the staff in senior services. I have been surrounded by outstanding professionals and I appreciate the hard work they do on your behalf each and very day. They contribute their talents and expertise because they, too, enjoy their work with older adults.

Thank you all from the bottom of my heart.

Diane Evans

At the close of Diane's retirement party, City Manager Frank Bruno captured some of the highlights of her career when he shared the following about Diane:

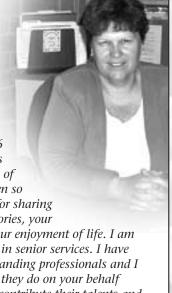
- Longest-serving employee in Senior Services
- Has played a major role in all the additions and remodels to the West Center
- Helped make the case for and then plan the East Boulder Senior Center, which opened in 1992

- Has held numerous high offices and been recognized in 2000 as the Extraordinary Senior Center Professional by the Colorado Association of Senior Centers
- One of the creators of the Boulder County Aging Network, a thriving public-private partnership in service to seniors
- Saved the city over \$2 million by cost-cutting measures and efficiencies during her 26+ years
- Guided facility rentals and recreation program to highest levels of customer satisfaction while generating record-breaking revenues over past 10 years
 - Hired, trained, and supervised scores of interns and employees who now play important professional roles in senior services throughout Colorado
 - Made the *Senior* Quarterly Magazine an award-winning publication
 - Created and then took on as her special project the Boulder Senior Awards Program and Banquet
 - Has touched, inspired, helped and lifted up thousands of seniors and their families
 - Beloved and respected by her colleagues for

her professionalism, integrity, work ethic, and commitment to excellence

• Throughout her 26+ years, has always been the "life of the party" because she is so much fun!

Diane, for 26+ years, you have been "the wind beneath our wings." Thanks for all the wonderful memories. Our very best wishes to you and your family as your life beyond Senior Services unfolds.



SENIOR SERVICES

Senior Services Summer 2006

WEST SENIOR CENTER

909 Arapahoe Avenue Boulder, CO 80302 (303) 441-3148 7 a.m. – 4:30 p.m. Monday – Friday



EAST SENIOR CENTER

5660 Sioux Drive Boulder, CO 80303 (303) 441-4150 7 a.m. – 4:30 p.m. Monday – Friday



East and West Senior Centers Closed

Please mark your calendars:

- East Shutdown: Monday, June 5 Sunday, June 11, reopening Monday, June 12
- Both centers closed Tuesday, July 4 for Independence Day



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WORLD MAP PUZZLE DAY JULY 21

FREE event for all you geography buffs!

On Friday, July 21, we will spread out our new map of the world puzzles at both senior centers and seniors can work on it together. Let's see which center gets it done first!

Come by for a few minutes, or stay all morning or until the puzzle is completed.

This event starts at 9 a.m. and is free!

Summer 2006 SENIOR SERVICES

55 Alive Driving Programs

Classroom refresher for the mature driver is offered through AARP at the West Senior Center. Information: (303) 764-5995. Class dates are:

- June 12, 13
- July 10, 11
- August 14, 15

Reduced Fee Program

Offers discounts to seniors who meet the following criteria:

- Income is under \$22,214 for one or \$31,433 for a couple
- Liquid assets are below \$30,000 (cash value items like savings, CD's investments), but not your primary residence, car, etc.
- Age is 60 or 55 to 60 with Medicaid
- Are residents of the City of Boulder



"The City of Boulder, Division of Senior Services, serves individuals regardless of race, creed, color, sex, sexual orientation, gender variance, genetic

characteristics, marital status, religion, national origin, ancestry, age, or mental or physical disability." Anyone who believes they been subject to discrimination can call (303) 441-3148.



The City of Boulder, Division of Senior Services does not endorse or recommend any of the products or services advertised in this publication. Please call the District Attorneys Office of

Consumer Affairs, (303) 441-3700 or the Attorney General's office, (303) 866-5225/Spanish, (303) 866-4828 with questions.





Al Coleman and Margie Freedman are our two new employees here to help you at the front desk. Say hello!

Senior Services Participation

A person may participate in Senior Services activities at age 60. Individuals under age 60 may register for any activity that is still open beginning June 1. A caregiver for a senior may register at the same time as the senior and pay the senior fee. Individuals 60 and over are invited to join the Gold Rush for discounts on Senior Services programs. For Gold Rush membership information, see page 9. Please let us know if you have any questions.

Low-Cost Parking Permit Program for the West Senior Center

This program has been designed to offer center participants increased access to parking spaces in the West Center's parking lot at a very low cost. The program should also improve access to the six parking spaces in the library's parking lot that are reserved for West Center patrons.

2006 Fees:	Gold Rush Resident	. \$4
	Gold Rush Non-Resident	\$6
	City Resident	. \$8
	Non Resident	\$10

You may purchase a 2006 permit at a 50% discount beginning June 1. Permits are on sale during regular business hours at the West Senior Center Monday – Friday, 7 a.m. to 4:30 p.m. Permits expire December 31, 2006. Information: David Coile, (303) 441-3148.



GO Everywhere



• Local fares: \$1.50; 75¢ for Seniors, Disabled and Students (check schedule for other fares).

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Boulder's extensive Community Transit Network is going your way. Whether you're headed downtown, to Boulder Community Hospital, the grocery store or lunch in downtown Louisville.

If you haven't already discovered how easy it is to take the bus, give the HOP, SKIP, JUMP, BOUND, DASH, STAMPEDE, BOLT or any other RTD bus a try. It's the convenient, safe, easy way to go just about anywhere.

For more info: 303.299.6000 RTD-Denver.com goboulder.net



2006 GO Boulder/city of Boulde

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Anyone age 60 or over in Boulder County is eligible to join BME Federal Credit Union through the Boulder Senior Services Gold Rush Program. Call for details.



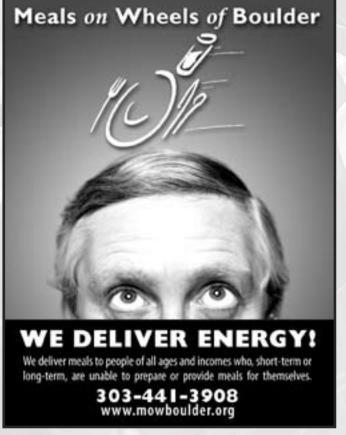
Main Office:

2800 Arapahoe Ave Boulder CO 80303 Lafayette Branch:



110 E South Boulder Rd Federal Credit Union Lafayette CO 80026 (303)441-7800 www.bmecu.org e-mail@bmecu.org





Gold Rush Discounts



Join the many others who take advantage of our special Gold Rush discounts at the senior center and at participating business partners throughout the city. As a Gold Rush member you:

- Receive discounts on selected activities offered by Boulder Senior Services
- Are entitled to enter the early registration lottery before non-Gold Rush members
- Are eligible to join BME credit union
- Receive 10% off labor at Pellman's Automotive Services, 2560 49th Street, (303) 938-4050

Join or renew Gold Rush now.

\$12 for the primary member, \$7 for a second member of the same household. Membership is valid for one year from the date you join.

Register for Gold Rush at the East or West Senior Center or by calling (303) 441-3148 or (303) 441-4150.

PLEASE NOTE: Due to the demand for Great Chefs, participants may be limited to two Great Chefs per year in order to allow all Gold Rush participants an opportunity to participate. This is based upon feedback from Gold Rush members.

If you like to dine out with other seniors, look on page 20 for the dining in garden settings day trips.



Gold Rush members are given a discount.



Limited number of spaces available to wheelchair users.

Great Chefs at the Moongate Asian Bistro



Join us in Lafayette for a very different type of Great Chefs program. The food at Moongate is fresh and deliciously prepared but what makes it so unique is its presentation. You will see how the chefs carve the edible vegetables into works of art to adorn each plate. Once you experience the food at Moongate, you will be sure to return and bring your friends. The menu includes sections from four different cultures: China, Japan, Thailand and Vietnam.

Participants in this program will have a choice of a fish, chicken or vegetarian entrée.

Moongate is on the DASH bus route from downtown Boulder. Meet at the restaurant.

Location:199 W. South Boulder Rd., Lafayette

Date:.....Saturday, July 15 11:30 a.m. - 1 p.m.

Bar Code: ...93264

Watch Senior Focus on Channel 8

Watch our television program "Senior Focus" on Boulder Municipal Channel 8.

ART

Ceramics Lab



This class will be working under the direction of Doreen Mitchell, who has been working with ceramics and clay handbuilding for over 20 years. Ceramics students will be involved in cleaning, glazing, dry brush painting, undercoats, stains, decals and special painting. Each person chooses the ceramic pieces they will work on and pays the corresponding material fee. Firing is done by the instructor.

LocationWest Senior Center

Materials and firing fee extra, payable through instructor

Session I

Date:	.Wednesday, June 7 – June 28	
	8:30 a.m. – 12 p.m., 4 classes	
Fee:	.Gold Rush Resident	\$21
	City Resident	\$23
	Gold Rush Non-Resident	\$26
	Non-Resident	\$28

Bar Code: ...93133

Bar Code: ...93134

Session II

<i>Date:</i>	Wednesday, July 12 – August 16	
	8:30 a.m. – 12 p.m., 6 classes	
Fee:	Gold Rush Resident	\$31
	City Resident	\$ 33
	Gold Rush Non-Resident	\$36
	Non-Resident	\$38

There is scholarship money available for seniors who would like to enroll in art classes but have financial need. If you are interested in the Beverly Graeter scholarship money, please call Karen Morgan at (303) 413-7487 for details.

COMPUTERS

Computers One on One

Receive private tutoring on computer skills. Review information from Computer Literacy or previous classes you have taken. Ask general questions, and learn one on one. Call either senior center to schedule your individual appointment: (303) 441-3148 or (303) 441-4150.

Instructor: ..Debbie Garelick

Location:East or West Senior Center, to be arranged with instructor

Date:.....Select one or more Mondays between June 12 and August 7. 1 – 2 p.m., 1 class

Bar Code: ...COM1

Digital Camera One on One

Receive private tutoring on your own digital camera. Learn how to install your camera software, download images to a folder on the computer, print images and delete images from the camera. Requirements for tutoring: Student must bring a digital camera with its original operating manual to the tutoring session. Sign up for one session or more depending on your needs. You may bring your own laptop computer.

Instructor: ..Jennifer Cohen

Location: East or West Senior Center, to be arranged with instructor

Date:.....Select one or more Tuesdays between June 20 and August 22. 1:30 – 3 p.m., 1 class

Bar Code: ...DIG1

CLASSES



Our seniors are enjoying the new tap dance class. Pictured are the instructor, Sylvia, with Hazel, Char and Lorraine.

DANCE

Tap Dance



Ready to "shuffle off to Buffalo" and "give your regards to Broadway"? The basics of tap dancing will be presented in a fun, supportive atmosphere. All levels are welcome. Sylvia Jensen has been teaching tap dance to all ages for many years. She will contact participants regarding the required tap shoes or Mary Janes before the first class.

Instructor: ..Sylvia Jensen

Location: South Boulder Recreation Center (note change of location for summer only)

Date:.....Wednesday, June 14 – July 19 10:30 - 11:30 a.m., 6 classes

Fee:	Gold Rush Resident	\$40
	City Resident	\$42
	Gold Rush Non-Resident	\$45
	Non-Resident	\$48

Bar Code: ...93169

Line Dancing



Judy Yamakishi will demonstrate the steps and guide you through them. Judy has been teaching for several years, attends national dance conferences and keeps up with the latest steps. All levels are welcome; join the group, learn, dance and have fun.

Instructor: ..Judy Yamakishi

Location: East Senior Center

Session I

Date:Thursday, June 15 – June 29
1 – 2:30 p.m., 3 classes
Fee:
City Resident\$15
Gold Rush Non-Resident\$16
Non-Resident\$18

Bar Code: ...93140

Session II

<i>Date:</i>	Thursday, July 6 – July 27	
	1 – 2:30 p.m., 4 classes	
Fee:	Gold Rush Resident	\$17
	City Resident	\$19
	Gold Rush Non-Resident	\$21
	Non-Resident	\$23
Rar Code:	03141	

Bar Code: ...93141

Session III	
Date:Thursday, August 3 – August	24
1 – 2:30 p.m., 4 classes	
Fee:Gold Rush Resident	\$17
City Resident	\$19
Gold Rush Non-Resident	\$21
Non-Resident	\$23

Bar Code: ...93142

CLASSES Summer 2006

Ballroom and Latin Dance



Al and Mary Sinner will be teaching the fundamentals of ballroom and Latin dance. A partner is not needed. Al and Mary can work with seniors with a variety of skill levels. This is a fun class. Input will be taken from the group as to which dances they want to work on.

Instructor: .. Al and Mary Sinner

Location: East Senior Center

Session I

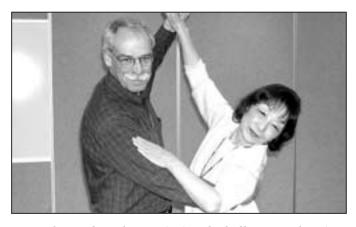
Date:Wednesday, July 12 – July 26	
1:30 – 2:30 p.m., 3 classes	
Fee:Gold Rush Resident	5
City Resident\$1	7
Gold Rush Non-Resident\$2	0
Non-Resident\$2	2

Bar Code: ...93135

Session II

Date:	.Wednesday, August 2 – August 2	23
	1:30 – 2:30 p.m., 4 classes	
Fee:	Gold Rush Resident	\$21
	City Resident	\$22
	Gold Rush Non-Resident	\$26
	Non-Resident	\$27

Bar Code: ...93136



Art and Setsy have been enjoying the ballroom and Latin dance classes taught by Al and Mary Sinner.

LEISURE

Creative Rubber Stamping

Come on over to the East Boulder Senior Center to try Rubber Stamping! Join with others interested in creating something beautiful to send a friend or family member. Everyone can learn to create lovely cards and gift items with Rubber Stamps. Each month we stamp something new with new images, techniques and themes. Newcomers are welcome at all sessions. A materials fee of \$3 will be paid to the instructor at each class.

Instructor: .. Carol Koch

Location: East Senior Center

Session I – Bird Song Star Book

Date:.....Thursday, July 13

10 a.m. – noon, 1 class

Bar Code: ...93143

Session II – Down on the Farm with Cute Cows and Little Lambs

Date:..... Thursday, August 10
10 a.m. – noon, 1 class

Bar Code:... 93144



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Summer 2006 CLASSES

MUSIC

Intermediate Recorder



Improve your musical and ensemble skills, play a variety of music, improve coordination and reading skills, and gain a whole new family of friends. This class is quite a special experience.

Instructor: ..Rosemarie Terada

Location: East Senior Center

Material fee on your own (music and instrument) range \$10-\$30

Session I

Date:Wednesday, June 14 – June 2	8
9:30 – 11:30 a.m., 3 classes	
Fee:Gold Rush Resident	\$28
City Resident	\$29
Gold Rush Non-Resident	\$31
Non-Resident	\$32

Bar Code: ...93138

Session II

Date:	.Wednesday, August 2 – August 2	3
	9:30 – 11:30 a.m., 4 classes	
Fee:	.Gold Rush Resident\$	38
	City Resident	39
	Gold Rush Non-Resident\$	4(
	Non-Resident\$	4 1

Bar Code: ...93139



Rosie Terada's recorder class was proud to perform in Denver at Sakura Square

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- · Inventory home & help sort through belongings
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DAY TRIPS

Helpful Tips for Day Trips

All trips depart from the McDonald's located at 1800 28th Street in Boulder. The parking lot is located just to the north of McDonald's. Check in with the Senior Services escort in the south atrium of McDonald's before boarding the bus, and **be aware that all return times are approximate**. See page 42 for registration information. Advance registration is required for all day trips.

There are several ways that you can help make the trip program run smoother:

• Please check in with the escort in the south atrium of McDonald's.

- If you need to cancel a trip on the day of the event, please call either the East Center (303) 441-4150 or the West Center (303) 441-3148. Both centers open at 7 a.m., and staff will be able to contact the trip escorts and inform them of your cancellations. There is no guarantee of refunds.
- Please arrive at check-in 15 minutes before trip departure so that everyone can be checked in and boarded on the bus, and the trip can depart at the designated time.



Gold Rush members are given a discount on these trips.



Limited number of spaces available to wheelchair users.



JoAnne escorts another fun daytrip.



Dining at the Tivoli Deer is wonderful!



Elizabeth, one of our new drivers, receives directions for the senior services bus.

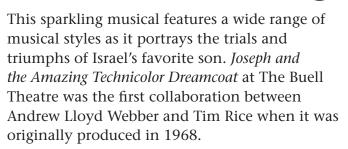


Our day trips take you to new heights!

Summer 2006 DAY TRIPS

TRAVEL

Joseph and the Amazing Technicolor Dreamcoat



Date:.....Saturday, June 3 12:30 – 5:30 p.m.

Fee:G	old Rush Resident	. \$76
Ci	ty Resident	. \$79
Ge	old Rush Non Resident	. \$91
No	on-Resident	. \$95

Includes transportation and performance. Senior Services bus.

Bar Code: ...93363

Hudson Gardens



Located in Littleton, Hudson Gardens is a wonderful opportunity to learn about Colorado's flora and rich garden offerings. This lovely 32 acre regional display garden is divided into 16 distinct gardens ranging from cottage gardens through rock gardens and xeriscaping. Admire the spectacular natural displays along a 1.25 mile walking path. Burgers, bratwurst, hotdogs and more are available for purchase at the Oasis on the Platte, or you may bring a sack lunch. Bring \$3 for admission to the Gardens.

Date:.....Tuesday, June 13
9:15 a.m. – 2:15 p.m.

Includes transportation only. Bring \$3 for admission and lunch money. RTD bus.

Bar Code: ...93364

Downtown Aquarium



The Downtown Aquarium was purchased by Landry's Restaurants in 2003 when it was Denver's Ocean Journey Aquarium. In 2003, Landry's re-opened the newly-designed complex as the Downtown Aquarium. The entertainment and dining complex features a public aquarium boasting more than one million gallons of underwater exhibits that highlight fascinating eco-systems around the world. The aquarium houses over 500 species of animals, an interactive Sting Ray touch tank, the Aquarium Restaurant and more. Lunch will be on your own at the restaurant. Lunch menus will be available at the front desk at registration.

Date:.....Friday, June 16 9:30 a.m. – 2:30 p.m.

Includes transportation, and admission. Lunch on your own at the Aquarium restaurant. RTD bus.

Bar Code: ...93365

Body Worlds 2



Visit the world-renowned exhibition, Gunther von Hagen's BODY WORLDS 2. The Anatomical Exhibition of Real Human Bodies at the Denver Museum of Nature & Science. More than 200 real human specimens present a one-of-a-kind anatomy and physiology lesson. See how your body's systems relate to one another and help you function and survive.

Date:.....Tuesday, June 20 9:30 a.m. – 3 p.m.

Includes transportation and admission. Lunch on your own at the museum. RTD bus.

Bar Code: ...93366

DAY TRIPS Summer 2006

Greek Festival

Immerse yourself into the Greek Orthodox community and culture at this annual festival in Denver. Take in tours of the Assumption Greek Orthodox Cathedral of Denver, shop for imported goods, visit the bookstore and savor delicious food and drink.

Non-Resident \$12

Includes transportation only. Bring \$1 – \$2 for admission fee and lunch on your own. Senior Services bus.

Bar Code:... 93377

Scarlet's of Central City

Travel to Scarlet's in Central City for a profitable day. The package includes \$5 free in coin after 15 points, a discounted meal, \$10 bounce back coupon and more.

 Date:......Tuesday, June 27

 9 a.m. – 3 p.m.

 Fee:.....City Resident\$10

 Non-Resident\$12

Includes transportation and casino package. Charter bus. Elevation 9,000 ft.

Bar Code: ...93370

DON'T BE DISAPPOINTED. Register early for classes, trips, special events and wellness programs. Many of these activities fill up quickly, but others are canceled due to insufficient registrations.

Byer Evans House and Grant-Humphreys Mansion

Begin your morning with an 11 a.m. tour of the Byers-Evans House Museum in Denver. The house is shown as it looked during the period between 1912 and 1924, complete with the Evans family furnishings. At noon we will travel to the Grant-Humphreys Mansion for a guided tour of the home of Colorado's third Governor, James B. Grant. After the tour we will enjoy a catered box lunch in the mansion's elegant dining room.

Date:.....Thursday, June 29 10 a.m. – 3 p.m.

Includes transportation, 2 tours and box lunch. RTD bus.

Bar Code: ...93374

Colorado Central Station Casino

Spend the day in Blackhawk at Colorado Central Station which is connected by a walkway to the Isle of Capri. The coupon package includes \$5 cash back after earning 100 points, a blackjack match play coupon, a free drink and more.

Includes transportation and casino package. Charter bus. Elevation, 8,500 ft.

Bar Code: ...93383

Summer 2006 DAY TRIPS

Bombay Dreams at Buell Theatre



A dazzling spectacle set amid India's bustling film industry, *Bombay Dreams* features a lush score, glittering costumes, lavish sets and exotic dance numbers. The story of a handsome young actor who dreams of fame and romance, this musical journey is an exploration into the importance of cultural heritage, the price of success, the bonds of friendship and the power of true love.

Date:	Saturday, July 15	
	12:30 – 5:30 p.m.	
Fee:	Gold Rush Resident	\$73
	City Resident	\$76
	Gold Rush Non Resident	87
	Non-Resident	§ 91

Includes transportation and performance. Senior Services bus.

Bar Code:... 93384

Big Circle Tour/ Grand Lake

Join us for an annual favorite as we ride over Berthoud Pass, through Granby and into Grand Lake where we will have a special lunch in the Grand Lake Lodge. We'll return over Trail Ridge and through the majestic beauty of Rocky Mountain National Park. There will be some time in the park for picture stops before returning home via Estes Park. Bring a jacket and a camera.

Elevation 12,183 ft. Bring a jacket and your camera. Includes transportation, park admission and lunch. Charter bus.

Bar Code: ...93385

Sacred Landmarks Preservation Tour

Take a tour of the historic places of worship that help make Denver a special place to live. A step-on guide will take us on a tour of four historic sacred places that are of different religions and styles. The churches are the Annunciation Catholic Church, the Transfiguration Eastern Orthodox Church, St. Andrews Episcopal Church and Central Presbyterian Church. We will be able to enter the churches and learn their history. Lunch will be at Larimer Square on your own. A pocketbook of over 40 historic churches in Denver will be available to purchase on the bus for \$10 if you wish.

 Date:.......Friday, July 21

 8 a.m. – 3:30 p.m.

 Fee:......City Resident\$12

 Non-Resident\$14

Includes transportation and tours. Lunch and purchase of guidebook on your own. Senior Services bus.

Bar Code:... 93386

Champions on Ice

We've all been thrilled by the breathtaking skating at the 2006 Olympics, and now it is time to see many of the world's best skaters perform in Denver at the Pepsi Center. A few of the Stars include Sasha Cohen, Qing Pang and Jian Tong, Irina Slutskaya and Jonny Weir. We have excellent orchestra seats.

 Date:
 Saturday, July 22

 5:30 – 10:30 p.m.

 Fee:
 \$91

 Non-Resident
 \$109

Includes transportation and performance. Senior Services bus.

Bar Code:... 93387

DAY TRIPS Summer 2006

The Ballad of Baby Doe/ Central City Opera

Celebrate the 50th Anniversary of the writing of The Opera, *The Ballad of Baby Doe*. This internationally-acclaimed opera has its roots in Colorado. Lunch prior to the performance at a variety of casino restaurants.

Date:.....Saturday, July 29
11:30 a.m. – 6 p.m.

Includes transportation and performance. Charter bus. Elevation 8,500 ft.

Bar Code: ...93389

Vail International Dance Festival



Journey to the Vail Amphitheatre for a thrilling evening of international dance. The most famous dance doubles will perform selections of pas de deux. There will be dancers from Paris, Russia, Madrid and other countries. Prior to the 7:30 p.m. performance you may shop, have dinner on your own and browse through the Betty Ford Alpine Gardens.

*Date:....***Saturday**, **August 5 1 – 11:30 p.m.**

Fee:Gold Rush Resident	\$123
City Resident	\$126
Gold Rush Non Resident	\$147
Non-Resident	\$151

Includes transportation and performance. Dinner on your own. Charter bus. Highest elevation is 10,700 ft.

Bar Code: ...93390

Venice on the Creek



Experience the joy of gliding elegantly down Cherry Creek as your guide relates the history of Denver. The boats or 'punts' are built in Cambridge, England are imported to the United States. Our group will have 3 boats and take a 45 minute boat ride navigating 3 sections of the Cherry Creek and 2 locks. After our relaxing ride, we'll visit the 16th Street Mall for lunch. Shopping is on your own.

Date:......Wednesday, August 9
9 a.m. – 2:30 p.m.

Fee:.....Gold Rush Resident......\$32
City Resident......\$36
Gold Rush Non Resident.....\$38
Non-Resident.....\$43

Includes transportation and group charter ride. Lunch on your own. Senior Services bus.

Bar Code: ...93391

Denver Museum of Miniatures, Dolls and Toys

Travel to Denver to the Museum of Miniatures, Dolls and Toys which is housed on the second floor of the Pearce-McAllister Cottage. Tour the home and enjoy the nostalgia of all the toys and dolls that richly make up our heritage. The collection encompasses more than 10,000 items dating from 1680 through today. Following the museum, we'll go to Cherry Creek North for lunch on your own and some shopping.

Includes transportation and admission. Lunch and shopping on your own at Cherry Creek North. Senior Services bus.

Bar Code:... 93392

Summer 2006 DAY TRIPS

Bull Durham in Blackhawk

Travel to Blackhawk to try your luck at Bull Durham. Their package includes \$5 free with a \$20 buy-in and a free roll of nickels after one hour of play. They'll offer us free hotdogs and soup throughout the day. You must use your playing card to earn points.

Date:.....Monday, August 14 9 a.m. – 3 p.m.

Includes transportation and casino package. Charter bus. Elevation 8,500 ft.

Bar Code: ...93393

Ellie Caulkins Opera House

Tour the Ellie Caulkins Opera House named after "Denver's First Lady of Opera". The Opera House is inspired by the world's greatest opera houses, including the Metropolitan Opera and La Scala. The Opera House was designed with natural acoustics and clean sight lines to the stage. Following the tour, we'll dine in style at the Hotel Teatro's Prima restaurant. The Bistro Buffet will enhance our cultural experience in downtown Denver.

Date:.....Thursday, August 17 9 a.m. – 2:30 p.m.

Includes transportation, tour and buffet luncheon. Senior Services bus.

Bar Code: ...93394

Rocky Ridge Music Center/ Bald Pate Inn

Travel to the base of Longs Peak to have a buffet lunch at the historic Bald Pate Inn and then to delight in the music of the mountains at the Rocky Ridge Music Center. The Lodge at the Music Center was built in 1907 and we will have a guided tour prior to the performance in the Concert Hall which was built in 1911. For our concert guitar, and piano will be performed by the faculty.

Date:.....Sunday, August 20 11 a.m. – 6 p.m.

Includes transportation, luncheon, tour and performance. Senior Services bus. Elevation: approx. 8,000 ft.

Bar Code: ...93395

Swing/Country Dinner Playhouse

Travel to the Greenwood Village Country Dinner Playhouse to pay joyful homage to the magical big band sounds of the 30s and 40s in the production of *Swing*. This high-stepping, jitter-bugging musical is full of music and dancing.

Date:.....Saturday, August 26 11 a.m. – 5:30 p.m.

Fee:Sty Resident\$55
Non-Resident\$66

Includes transportation, dinner and show. Senior Services bus.

Bar Code: ...93409

DAY TRIPS Summer 2006

Dining in Garden Settings

Summer is a time for enjoying flowers and gardens. What could be more delightful than dining in the midst of the garden itself? Register for one or all of the garden and dining opportunities listed below, and take time to "stop and smell the roses".

Ardelt's Victorian Garden



Step back in time and surround yourself with the charm and serenity of yesteryear! Ardelt's was built as Denver's first flower shop in the early 1890s and now offers a warm and gracious setting for our tea. We will be seated in the garden room and enjoy our full tea/light lunch while we hear the history of the building. Then tour the home, shop on your own and visit the gift shop.

Date:.....Thursday, June 22 11 a.m. – 3 p.m.

Fee:Gold Rush Resident	\$34
City Resident	\$37
Gold Rush Non-Resident	\$42
Non-Resident	\$45

Includes transportation and full tea. Senior Services bus.

Bar Code: ...93368

"Wait not for tomorrow. Gather the roses of life today".

Pierre de Ronsard

The Callahan House/ Lunch in the Gardens



The Callahan House is a Victorian two-story home in Longmont that is over one hundred years old. The Italian garden will be an exquisite location for our buffet luncheon. We will dine among the fountains, statues, large shade trees, and annual and perennial flowerbeds. We will have an historical talk during dessert and have time to tour the inside of the home.

Date:.....Thursday, July 27 10:45 a.m. – 2:30 p.m.

Fee:	Gold Rush Resident	. \$32
	City Resident	. \$35
	Gold Rush Non-Resident	. \$38
	Non-Resident	. \$42

Includes transportation, tour and luncheon. Senior Services bus.

Bar Code: ...93388

Domo's Japanese Country Garden



Experience a unique dining experience in a traditional Japanese garden as we visit a restaurant with authentic Japanese food. In addition to enjoying an exceptional luncheon, you may browse through the museum and linger in the gardens.

Date:.....Tuesday, August 22 10 a.m. – 2 p.m.

1	
Fee:Gold Rush Resident	\$9
City Resident	\$12
Gold Rush Non-Resident	\$11
Non-Resident	\$14

Includes transportation only. Bring approximately \$10 for lunch. Senior Services bus.

Bar Code: ...93396

OVERNIGHT TRAVEL

OVERNIGHT TRAVEL

For information call Sarah Rebman at (303) 441-3915. Complete itineraries are available at both senior centers. Registration for overnight travel begins as soon as flyers become available and continues on a space available basis until the registration deadline. Spaces go quickly, and we cannot assure that a space will be available up to the registration deadline. Please deduct the applicable discount listed below.

Welcome from Specialty Tours and Travel

In August of 2005, Dave and Val Brush transferred the reins of Specialty Tours & Travel to new owners, John and Linda Akers. You may recall having John as your driver on many of our tours in prior years. Besides being an outstanding driver, John has over 29 years experience in the corporate world and customer service industry. Linda has more than 15 years in the travel industry. Equally important is that the rest of the Specialty Tours & Travel's staff will remain on-board to serve you.

John and Linda are excited to be leading the Specialty Tours & Travel team. Both want to express their appreciation for your continued support of our longstanding partnership with Boulder Senior Services. Thank you for the opportunity to serve your travel needs. We look forward to making your future travel dreams come true.

If you have suggestions about future tours, please convey them to Sarah Rebman at Boulder Senior Services.

Colorado Railroading

Train buffs will be enchanted by the offerings on this summer excursion. Representing two different eras of train travel, Colorado's spectacular mountains and incredible vistas take on new reflections from the windows of the vintage railroad cars on the Cumbres & Toltec Railroad and the Royal Gorge Route. Add the Jeep ride at Great Sand Dunes for genuine adventure.

Date:August 1 – 3, 2006

\$663 Per Person Double Occupancy \$663 Per Person Single Occupancy \$28 Discount if booked by May 28

Final Payment Due: 06/22/06

Canada – Coast to Coast by Rail

The allure of rail travel inspires us to embark on this wondrous journey. Trace the steps of early explorers from the Atlantic to the Pacific, travel over trestle bridges and through tunnels, wind along rivers and waterfalls, discover golden fields and glacier-clad mountains, and investigate the heritage of selected cities. Bring your camera along to photograph some of the ever-changing terrain. Sit back, relax and enjoy the ride of a lifetime. Besides the four nights spent aboard VIA Rail's "The Ocean" or "The Canadian," our destination cities are Halifax, NS; Montreal, PQ; Ottawa, ON, Toronto, ON; Jasper, AB; and Vancouver, BC.

Date:August 23 – September 6, 2006

Fee:\$5455 Per Person Double Occupancy \$6268 Per Person Single Occupancy \$248 Discount if booked by May 25

Final Payment Due: 06/24/06

Colorado Mountain Winefest

Celebrate the season's harvest at the Colorado Mountain Winefest. Sample the many varieties of award-winning Colorado wines, special foods and wine pairing of Colorado chefs, and live jazz throughout the day at the Festival in the Park. Add a couple of winery tours, a drive through Colorado National Monument, and Sunday Brunch, while in Grand Junction. In Glenwood Springs, ride the Iron Mountain Tramway for a panoramic view of the Roaring Fork Valley. Drive over Grand Mesa, sample the wine at Stoney Mesa Winery in Cedar Edge, and return to Denver via Redstone, Colorado.

Date:September 15 - 18, 2006

Fee:\$773 Per Person Double Occupancy \$892 Per Person Single Occupancy \$39 Discount if booked by July 12

Final Payment Due: 08/06/06

Southern Colorado Fall Colors

The changing of the leaves in Southern Colorado is a bit later but worth the wait. See the expanse of South Park; ascend Monarch Pass and overnight in Gunnison. Follow the scenic passage through Lake City and Creede to Pagosa Springs. Swing down into New Mexico for a bit, then change direction and return to Denver in view of the Sangre de Cristo Mountains.

Date:September 19 – 22, 2006

Fee:\$704 Per Person Double Occupancy \$831 Per Person Single Occupancy \$35 Discount if booked by July 16

Final Payment Due: 08/10/06

An Autumn Odyssey – Nantucket Island, Hyannis, Newport & Mystic

Off the coast of Massachusetts lies the picturesque island of Nantucket. Worn cobblestone streets lined with residences of whaling captains, cranberry bogs and wooded moors entice visitors to this quaint island. Explore village greens, cruise harbors and delight in the brilliant shades of orange, gold, and scarlet. Combine Kennedy's Hyannis, charming Nantucket, naval history, and mystical Mystic for the best of Americana on this excursion to Southern New England.

Date:October 9 - 16, 2006

\$2157 Per Person Double Occupancy \$2560 Per Person Single Occupancy \$86 Discount if booked by August 5

Final Payment Due: 08/30/06

Albuquerque Balloon Festival & Cumbres Toltec Railroad

Picture yourself surrounded by hundreds of colorful balloons preparing to rise together for a mass ascension. Imagine a ride on the "Little Train That Could," through the mountains at a time when aspens are displaying their peak fall foliage. Add a narrated tour of Santa Fe and a dune buggy ride at the Great Sand Dunes, and you've just put together a perfect fall tour.

Date:October 10 - 14, 2006

Fee:.....\$909 Per Person Double Occupancy \$1112 Per Person Single Occupancy \$45 Discount if booked by August 6

Final Payment Due: 08/31/06

Branson & Kansas City Christmas

Check your list twice to make room for this yuletide excursion that is part nostalgia and part fantasy. Branson decks the halls and hillsides with boughs of holly and decorative lights. Entertainers add a seasonal salute to their shows and glitz up the staging with elegant costumes and flashy dancers.

Kansas City joins the celebration with glittering light displays at Crown Center and Country Club Plaza.

Date:December 1 – 8, 2006

Fee:.....\$1566 Per Person Double Occupancy \$1893 Per Person Single Occupancy \$78 Discount if booked by September 27

Final Payment Due: 10/22/06

Holiday Time in New York City

Rich in history, New York City has attractions for every taste-- critically acclaimed arts and cultural centers, dramatic architecture and breathtaking skyline views. We have chosen to visit just before Christmas to take advantage of the holiday atmosphere and the seasonal entertainment. The accommodations were selected for their quality, convenience and safety. We have our own transportation to all included activities. Join us for what promises to be a festive fun-filled excursion.

Date:December 11 – 16, 2006

Fee:.....Price to be determined

Final Payment Due: 11/01/06





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Sports Opportunities

The following community activities are listed as a courtesy and may not be programs that are affiliated with the City of Boulder Senior Services Division. The City of Boulder does not endorse, recommend or screen the agencies listed.

Bicycling

The S.O.B.s (Seniors on Bikes) meets every Wednesday and Friday, weather permitting.

The group rides 30-40 miles per day, roundtrip. For info: Marion Gately, (303) 443-7623.

Come join us on a Group Senior ride Friday, June 30th from Eben Fine Park to Martin Park to celebrate Walk and Bike Week. See page 26 for other special bike programs.

Golf

Seniors 55+ with current golf experience. Casual group plays Mondays, 10 a.m. (weather permitting) at the Flatirons Golf Course. Come with or without a partner. People new to the game should explore instructional options at Flatirons Golf Course prior to joining the group. Full information at: www.ci.boulder. co.us/parks-recreation/parks_facilities/golf-course. Reserve a tee time at the pro shop by calling (303) 442-7851 x0. Senior green fees and carts available at the course. For general questions, call Marilyn at (303) 938-8096.

Basketball

Drop-In basketball is held from noon to 2:00 p.m., Tuesdays and Thursdays at the North Boulder Recreation Center. Info: Tom Harold, (303) 442-7071.

Billiards

Drop-in play Monday-Friday, 8:30 a.m. – 4:30 p.m., West Center, lobby

Bowling

Non-smoking senior practice bowling for ages 50+ on Tuesdays and Fridays at 1 p.m. Leagues are also available. Coal Creek Bowling Center, Lafayette. Info: Bowling Bob, (303) 673-0772.

Ice Skating

Skating for Boulder Seniors is on a drop-in basis at the University of Colorado recreation center ice rink. Senior skating times are 11:00 a.m. – 1:30 p.m., Monday through Friday; 12:45 to 2:45 p.m. Saturday; 10:15 a.m. – 12:15 p.m. Sunday. Schedule will vary due to holidays. Admission \$3, Skate rental \$1. For more information call (303) 492-7255 or go to www.colorado.edu/rec-center/facilities/ice-rink.

Senior Games

The 28th annual Rocky Mountain Senior Games will be held in Greeley on June 21 – 25. Events include Archery, Badminton, Golf, Cycling, Swimming, Table tennis, Track and field, Tennis and more. For registration and information go to: www.rmseniorgames.com

Shuffleboard

Try shuffleboard Friday mornings from 8:30 – 11 a.m. at the West Senior Center. New players are always welcome. FREE! Info: Alice, (303) 443-1947.

Slow-pitch Softball

Boulder Senior services has three teams participating in the Colorado Senior Softball Association from April - June. Games are Wednesday mornings and practice is held Mondays mornings at 9 a.m. at Stazio Ballfields. Stop by and cheer our teams on. Teams are often looking for new players.

Table Tennis

Free open play Monday, Tuesday and Thursday from 10 a.m. – noon at the West Senior Center. Advanced table tennis group meets at the East Senior Center at various times. East info: Dick (303) 442-6526.

Tennis

Senior Tennis begins in April at Centennial Middle School and runs through August. New members are welcome. Drop-In play and tournaments are organized throughout the season. Come and meet lots of new players.

Location:Centennial Middle School, some summer Mondays at Fairview High School

Date:.....Mon. - Thurs. through Aug. 31 8 - 9:30 a.m.

Primary Member

Bar Code: ...91717

Second member of the same household or Tournament partner only

Bar Code: ...91718



Is your wife bugging you to get out of the house? Senior sports are a great way to meet others and have fun.

Senior Nature Program Walks

Sponsored by Boulder County Parks and Open Space Department. Informal slow paced hikes designed for seniors along county trails. Last Thursday of each month, 10 a.m. – noon. Meet at park entrance unless noted. Information will be provided on area history, wildlife and current resource management projects. No registration needed. For information or directions, call (303) 441-3899.

May 25Betasso Preserve

June 29Bald Mountain Scenic Areas

July 27 Caribou Ranch

August 31...Heil Valley Ranch

Open House at Rocky Mountain Climbers Club

Whether you are a Boulder resident or a summer visitor to Colorado, you are invited to spend summer Saturdays with this historic hiking/climbing club. During the summer months, the friendly members carpool to local hiking destinations or meet at their Eldora cabin for pot-luck lunch and easy to medium level hikes. An Open House at the Eldora cabin on June 10, at 11:30 a.m., is a grand opportunity to check out this active group. All ages are welcome. For details and/or a ride, please call Gerry Wilson at (303) 939-0674, or Sharon Loy at (303) 442-7361.

Walking Opportunities

Would you like to walk inside in a safe, cool environment, out of the sun? Join others as they walk inside the light, bright Atrium building located at 3350 30th Street. (6 laps = one mile). For information please call Mary at (303) 444-0200.

SPORTS AND FITNESS PROGRAMS SPONSORED BY BOULDER SENIOR SERVICES

Caribou Ranch Hike

Join us as we head up to beautiful Caribou Ranch, one of Boulder County's newest Open Space properties. This mountain park has wetlands, meadows, streams, forests and woodlands which provide excellent habitat diversity. Caribou Ranch is closed in April, May and June for migratory birds and elk calving so we may see some very young wildlife on this excursion. Caribou also has a rich cultural history and was homesteaded by people working the silver mines. Over the years it has been home to the Blue Bird Mine, the Batesville and North Boulder Mill, the DeLonde Homestead, the Silver Lake Pipeline and Caribou Ranch recording studio. The terrain is moderate, and a naturalist will even take us along some sections of the historic Switzerland trail rail line, the former route of the Denver, Boulder & Western Railroad. The complete walk will take 1.5 – 2 hours. Wear sturdy comfortable shoes and bring a sack lunch for a picnic before we head back to town.

Location:East Senior Center

Van departs at 8:30 a.m.

West Senior Center

West Senior Center Van departs at 8:50 a.m.

Date:.....Thursday, July 13 8:30 a.m. - 1:00 p.m.

Fee:.....City Resident \$7
Non-Resident \$9

Bar Code: ...93187

DON'T BE DISAPPOINTED. Register early for classes, trips, special events and wellness programs. Many of these activities fill up quickly, but others are canceled due to insufficient registrations.

Boulder Receives Top Honors

This March, BICYCLING magazine awarded Boulder top honors for a city with a population of 75,000 – 200,000. According to BICYCLING, Boulder is a bike friendly town for many reasons including the following:

- Boulder's 151 miles of bike paths and 192 miles of bike lane within the city's 28 square miles
- A greenbelt surrounding Boulder offering 120 miles of trails
- 95% of Boulder's arterial streets are bike-friendly
- Boulder's vibrant bike-racing scene
- A year-round Thursday night cruiser ride and the Boulder Seniors on Bikes club



University Bikes is sponsoring the bicycle maintenance clinic at the West Senior Center on June 13.

Bicycle Tune-Up Clinic

Get your bicycle in shape at this special maintenance clinic co-sponsored by University Bicycles. Certified technicians will help you determine if your bike is safe for the road just in time to enjoy the many Walk and Bike week activities. You will learn how to change a flat out on the road, make minor adjustments that will improve your ride, and many other handy skills.

Location: West Senior Center

Date:.....Tuesday, June 13
11 a.m. – noon

Fee:Gold Rush Members\$4

City Resident\$6

Non-Resident\$8

Bar Code: ...93188

NEW! Juggling for Fun and Fitness — Amaze your Friends and Family!

Has Juggling been something you have always wanted to try and learn? It is an excellent activity for your hand-eye coordination and a way to get up and moving. Here is your chance to learn Juggling from a professional entertainer. Kezia Tenenbaum of the world famous Airjazz will be teaching a two day class in June. No equipment is necessary for this introductory class. We will even keep your registration a secret if you want to surprise your family! Register early if you are interested as this will be a small class. Guaranteed fun!

Instructor: ..Kezia Tenenbaum

Location: West Senior Center

*Date:....*Friday, June 16 and 23 1 – 2 p.m.

Bar Code: ...93189

Beginning Kayaking

Come Kayak – a great way to build upper body strength.

Here is your opportunity to learn in a small group setting while you enjoy the beautiful vistas from the lake behind the East Senior Center. This four-week course provides students, 50+ years of age, with the knowledge and skills to safely pursue the sport. Class covers parts of the kayak, proper use of all gear and equipment, proper fitting in the kayak, safety issues, paddling strokes and boat control, rescues, bracing skills to avoid flipping over and an introduction to the Eskimo roll. All equipment provided.

Location: East Senior Center

Bar Code: ...93190

*Date:.....***Wednesdays, June 28 – July 19 9 – 11 a.m.**

Non-Resident\$90



Pictured: Dave W.



Come join the senior golf group at the Flatirons Golf Course. See page 24 for more information.

NEW! Senior Day at Water World

The kids are back in school, but we can still play! Don't say goodbye to summer yet. Grab your towel and join us as we go to Water World in Federal Heights for the day. Eighty percent of the water park will still be open for our enjoyment. Other Senior Centers will also be going that day which will add to the fun.

Seniors 60+ get in free and those who are under 60 can purchase a ticket at the gate for \$28.95 or use discount tickets available at many locations. Bring a picnic lunch or purchase a lunch there. Fee includes bus transportation from the East or West Center and an escort.

Location: West Senior Center, bus leaves at 9:15

East Senior Center, bus leaves at approximately 9:30 a.m.

Date:.....Friday, August 25, 9:15 a.m. - 3:30 p.m.

Bar Code: ...93191

SENIORS REAL ESTATE SPECIALIST

Where the Focus is YOU!







Judy Pitt, CRS, GRI, SRES Broker Associate

CREDENTIALS AND EXPERIENCE

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- Graduate Realtor Institute
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EFFECTIVE ADVANTAGE STRATEGIES

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CALL JUDY PITT

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SENIOR FITNESS AND WELLNESS

Fitness Assessments

Have you been reading about how important it is to be physically active but don't know how to begin? Maybe you're already exercising regularly and wonder if you are making progress. An assessment can provide valuable information about what areas you need to work on and how you measure up to others in the same age group.

We use the Senior Fitness Test to measure your aerobic endurance, strength and flexibility. We also use a series of tests to measure balance. After completing the test activities, we'll help you interpret the scores and set individual goals for improving your fitness. These tests are especially designed for those 60 and over and will take about one hour to complete.

Instructor: .. Melissa Pruitt

Location: East Senior Center

Date:.....One hour sessions, date to be arranged

Bar Code: ...93192

Mail in your registration, **drop it off**, **fax it in**, or **use our web site** at: boulderseniorservices.com to register for the summer session.

Gold Rush member registration begins by lottery on **Wednesday**, **May 17**.

Non-Gold Rush registration begins processing by lottery system on Thursday, May 18.

Walk-in and phone registration begins **Tuesday, May 23** at 8:30 a.m.

"Miracle Workout", Semi-Personal Training

Do you feel the need to jump-start your workout? This small group class is designed to maximize the benefits of aerobic exercise with weight training by keeping the heart-rate elevated during strength training. A challenging, fun workout for those already able to perform 40 minutes of cardio exercise in relative comfort. Doctor's permission and heart rate monitors are required. Class will have a maximum of four so each participant will receive lots of personal attention.

Instructor: .. Melissa Pruitt

Location: East Senior Center

Date:.....Monday and Wednesday

June 12 – July 19, 12 classes

11 a.m. – noon

Bar Code: ...93188

IDEAS

Mix Nix. Older Americans buy 50 percent of all over-the-counter medicines, but many are woefully misinformed about potential side effects and interactions with other drugs. Enter the National Council on the Aging, which has co-produced a website (www.senior-med-safety.com) on the risks of mixing OTC and prescription medicines.

Source: AARP

Many sedentary people want to change, but they don't have the accurate, practical information they need to get started.

– Miriam Nelson, author of "Strong Women Stay Young"

Fit and Strong Senior Exercise Classes

Classes run twelve weeks, June 12 – September 1. Come try our DEMO classes May 31 and June 1 for free!

CLASS	LOCATION	DAY	TIME	FEES	BARCODE
WEIGHT TRAINING 101	West	Wed.	10 a.m. – 11 a.m.	24R/29NR	93194
STRETCH, RELAX AND STRENGTHEN	West	Wed.	11:15 a.m. – noon	24R/29NR	93195
WEST HALF SESSION	West	Wed.	6 classes only	14R/17NR	93196
FIT AND STRONG BEGINNING	East	Mon.	10 a.m. – 11 a.m.	Choose package or punchcard. See gray shaded area below.	
DEGINNING	East	Wed.	10 a.m. – 11 a.m.		
	East	Fri.	10 a.m. – 11 a.m.		
FIT AND STRONG INTERMEDIATE	East	Mon.	8:45 a.m. – 9:45 a.m.	Choose package or punchcard. See gray	
INTERMEDIATE	East	Wed.	8:45 a.m. – 9:45 a.m.	shaded area be	
	East	Fri.	8:45 a.m. – 9:45 a.m.		
FITNESS PACKAGE A	East	2 X wk	8:45 a.m. or 10 a.m. class	124R/135NR	93212
FITNESS PACKAGE B	East	3 X wk	10 a.m. class	190R/210NR	93213
FITNESS PACKAGE C	East	3 X wk	8:45 a.m. – 9:45 a.m.	190R/210NR	93211
PUNCHCARDS					
6 Summer 2006 Classes	East or West			40R/45NR	93201
12 Summer 2006 Classes	East or West			75R/80NR	93202
18 Summer 2006 Classes	East or West			110N/120NR	93203

KEY: R: Resident, NR: Non-Resident

BE THE FIRST TO REGISTER.

Join the Gold Rush Club and save money on classes, wellness programs and day trips.

TRENDS

Road Warriors. Ownership of recreation vehicles is at an all-time high, with the highest rate (one in 10 households) in the 55-to-64 age range, a new survey shows.

Source: AARP

Fit and Strong Class Descriptions



Stretch, Relax and Strengthen

Join us for this invigorating stretch class at the West Senior Center. Newcomers to exercise are encouraged to come. Learn to breathe more energy into your muscles, relax and relieve tension in all parts of your body. Class done seated or with chair support also includes some muscle strengthening work.



Cheryl Appel will guarantee to get you smiling in the Stretch, Relax and Strengthen class on Wednesdays at the West Senior Center.

Weight Training 101

Weight training is a great place to start a new exercise regime. A weight training program can increase bone mass, reduce the risk of osteoporosis and improve your strength. In this class you will learn the basics, practice proper techniques and correct body alignment. You will work with hand weights, bands and balls to strengthen different muscle groups in this class at West. Working your muscles can improve your energy also!

Fit and Strong Beginning

General fitness class at East that includes a variety of exercises to improve balance, strength and flexibility. This is a perfect class for the beginning exerciser, those with special health concerns, or those who prefer a class that doesn't include floor work. Many exercises can be done seated or with chair support.

Fit and Strong Intermediate

The class emphasizes cardiovascular exercise but also includes strength training and flexibility work. Hand weights, leg weights (purchased separately, if desired) and resistance tubing will be incorporated into the strength segment. Wednesday's class includes work on the Fit ball. Bring your own Fit ball on Wednesday to ensure proper fit.

Fitness Packages

Package A..... 2X a week
Attend 8:30 a.m. or 10 a.m. class

Package B..... Monday, Wednesday and Friday 10 a.m. class, full session

Package B..... Monday, Wednesday and Friday 8:45 a.m. class, full session

Punchcards

For those who want the flexibility of paying for only 6, 12 or 18 class meetings at East. Classes must be used in the session they are purchased only. No refunds for unused punches.

TRENDS

Pole Positions. If the thought of downhill skiing or marathon training makes your joints ache, Nordic walking might be for you. Touted as the world's fastest-growing recreational sport, enthusiasts "ski-walk" with specially designed poles to burn calories while reducing stress to the knees, hip and back.

Source: AARP

WELLNESS CLASSES AND PROGRAMS

What Supplements Should I take?

We are constantly bombarded with new information about vitamin and herbal supplements. Some of these supplements may help to improve health while some probably have no effect, and some may actually be harmful. Learn how to evaluate the most popular supplements on the market today, and decide which ones are right for you. The speaker will be Laura Brieser-Smith who is a registered dietician, a Certified Health/Fitness Instructor and a faculty member at Johnson & Wales University.

Acupuncture Lecture

You may have heard of acupuncture but are still be a little unsure or have many questions. Come learn about this form of Asian medicine which has been practiced for more than 3000 years. Acupuncture is based on the theory that we all have "Qi" (vital force energy) which runs along pathways in our body called meridians. When our Qi becomes depleted, stuck or otherwise unbalanced, our physical and emotional well being is negatively affected. This may manifest in any number of ways such as pain, fatigue, insomnia, anxiety etc. With the help of thin delicate needles applied along the meridians, acupuncture helps remove these imbalances and build our Qi. This process helps to restore the body's natural harmony. This lecture will help you determine if acupuncture may be appropriate for you. Advanced registration required.

Bar Code: ...93217





Acupuncture Series

Here is your chance to try six sessions of acupuncture at a reasonable rate. Group acupuncture will be provided for eight weeks and you may try six seated treatments during this time period. Sarah Adlerstein is a Naturopathic Physician and a Licensed Acupuncturist. She obtained her degrees at Bastyr University and has been practicing group acupuncture at Frasier Meadows as well as healing arts centers and athletic clubs in the Boulder area. Acupuncture has been found to be effective for conditions involving pain, insomnia, anxiety, depression, anxiety, allergies and many other conditions. Due to facility constraints, this group session will not be appropriate for lower back pain. Minimum 5, maximum 8 participants. Specific questions may be directed to Sarah at (720) 840-1448.

Instructor: .. Sarah Adlerstein

Location: East Senior Center

Date:.....Thursdays, June 15 – August 3 10:30 – 11:30 a.m., six sessions

Bar Code: ...93216

Path to Peace of Mind — Meditative Walking Workshop

"Meander and Meet," the Grillo Health Information Center's labyrinth project is Boulder's first permanent public labyrinth and it is located just behind the West Senior Center. The labyrinth will serve as an interactive public art project and will be a source of peaceful recreation open to people of all ages and walks of life. Come learn more about this healing project and how you can take a meditative walk. Susan Wadle, project director, will explain how the project came about and all the groups that were involved in making the labyrinth. JoAnn Mast will facilitate the walking portion of the workshop. In the event of inclement weather, the workshop will be held at the First United Methodist Church indoor labyrinth located at 1421 Spruce Street. Advanced registration required.

Date:......Monday, June 1910 - 11 a.m.

Fee:.....Gold Rush ResidentFREE

City Resident\$2

Gold Rush Non-Resident...... FREE Non-Resident\$3

Location: West Senior Center



A walk in the park is about to take on new meaning. Come learn how to use the labyrinth behind the West Senior Center.

T'ai Chi Classes



T'ai Chi is a mind-body exercise utilizing slow, relaxed movement, a quiet mind, and deep, natural breathing that stimulates the flow of qi (intrinsic energy). When qi flows harmoniously, the mind, body, and spirit are in balance, enhancing one's physical and mental well-being, relieving stress and improving health. Developed in China hundreds of years ago, T'ai Chi is now practiced throughout the world.

Instructor: .. **Steve Arney**

Location: East Senior Center

Date:.....Friday, June 2 – July 28, 8 wks. (No class June 9)

Fee:Gold Rush Resident\$48

City Resident\$52

Gold Rush Non-Resident\$56

Non-Resident\$60

Level 1 – Beginning/ Advanced Beginning Increase balance, strength, circulation and mental

focus. Learn and practice the basics including breath work, mental focus, building postural awareness and the correct mechanics of each move.

Time:9:30 – 10:25 a.m.

Bar Code: ...93207

Level 2 - Intermediate

In this class, we will complete all moves in the Yang short form. Student must have completed the first level class or been given instructor approval to enroll at this level.

Time:10:30 – 11:25 a.m.

Bar Code: ...93208

Half Session (4 classes)

Open to continuing students only. Select 4 of the classes in the summer session.

Fee:	Gold Rush Resident	\$26
	City Resident	\$28
	Gold Rush Non-Resident	. \$30
	Non-Resident	. \$32

Bar Code:... 93209

HEALTH AND WELLNESS SERVICES

Massage

Restore your sense of well being with a relaxing massage. Our certified massage therapists are available five days a week. Pick up a massage information brochure at either center.

Location: East Senior Center

Date:.....Monday - Friday

Fee:..... 1 hour

Gold Rush Resident......\$30 (4th of July special only available in July)

City Resident\$32

Gold Rush Non-Resident \$35 (4th of July special only available in July)

Non-Resident\$40

Please Note: The time listed is your time in the room. Register in advance by calling (303) 441-4150.

To reach as many seniors as possible, registrations is limited to two appointments per month, per person.

Individuals below the age of 60 may register the day prior if space is available.

Mail in your registration, **drop it off**, **fax it in**, or **use our web site** at: boulderseniorservices.com to register for the summer session.

Gold Rush member registration begins by lottery on **Wednesday**, **May 17**.

Non-Gold Rush registration begins processing by lottery system on Thursday, May 18.

Walk-in and phone registration begins **Tuesday, May 23** at 8:30 a.m.

Reflexology

Reflexology is like a combination massage and acupressure treatment on the feet! It is based on the principle that there are reflex areas in the feet that relate to each and every organ and to all parts of the body. Properly stimulating these reflexes helps to activate the natural healing powers of the body. Treat yourself to a 30 minute session by certified reflexologist Alma Dubin. Please call ahead for an appointment. Alma comes on Mondays once a month to each center.

Massage and Reflexology Cancellation and Refund policies

Non-Resident\$16

- To reserve a time, payment must be made.
- If you need to cancel an appointment, please call ASAP.
- Appointments canceled less than 48 hours in advance will be credited if we are able to fill that time slot.
- \$5 processing fee charged for all reschedules, cancellations and refunds.

We reserve the right to provide a substitute therapist (of the same sex) if necessary.

DON'T BE DISAPPOINTED. Register early for classes, trips, special events and wellness programs. Many of these activities fill up quickly, but others are canceled due to insufficient registrations.

Summer 2006 Boulder Events Calendar

ON-GOING EVENTS

Farmer's Market April – October (303) 910-2236

Offering fresh fruit, flowers, veggies and delicious edibles, the Farmer's Market provides a place for locals to sell their products in a friendly, fun environment. Twice a week residents and visitors can fill their bags with goodies. Wednesdays 4 p.m. – 8 p.m. (beginning May 11), and Saturdays 8 a.m. – 2 p.m. (beginning April 2). www.boulderfarmers.org

Boulder Outdoor Cinema June – August (720) 317-7498

Families and friends gather outdoors under summer night skies for their favorite feature films. Enjoy live entertainment, short flicks and cartoons before the movie. Remember B.Y.O.Chair! www.boulderoutdoorcinema.com

Noon Tunes June 9 – August 18 (303) 449-3774

Noon Tunes features great local music of all genre—bluegrass, folk, rock, classical. The concerts are held in the 1300 block of Pearl on the bricks in front of the Bounder County Courthouse. www.dbi.org/calendar

Community Folk Dancing June – August (303) 499-6363

Celebrate Colorado's ethnic and cultural heritage with a weekly program of dance and culture from around the world on the Plaza next to the Dushanbe Teahouse.

Performance in the Parks June – August (303) 441-3424

Enjoy live music in an outdoor setting in the various parks around Boulder. Monday evenings beginning at 7p.m. Call for a schedule. www.boulderband.org

COMMUNITY RESOURCES

WHAT WE CAN LEARN FROM CHILDREN

At the park, four-year-olds Katie and Samantha waited for their turn on the swings. When one swing became available, both girls rushed to it. In her eagerness to ride the swing next, Samantha gave Katie a small shove, causing her to tumble to the ground. Katie's tears began to flow. Her mother was quickly by her side, and Katie headed home in the comfort of her mother's arms.

A few days later, Katie and her mother were discussing Katie's upcoming birthday party and the list of attendees. When Katie said she wanted Samantha to come to her party, her mother asked, "Why do you want to invite Samantha? Don't you remember what she did to you at the playground?" The four-year-old quickly responded, "But Samantha's fun to play with!"

Young children forgive easily, instinctively. They value the present more than the past. They would rather be happy than right. For them it's more fun to let go of a grievance than to hold on to it. Little children get it: forgiveness is not about being nice to someone else; it's about being nice to ourselves. In order to prove someone else is wrong, we remain unforgiving to prove their guilt. Not being able to forgive poisons our relationships, our health and makes our life miserable. It creates an unpleasant state of mind that hurts us, not the other person.

As adults, we typically treat betrayal by putting that other person out of our life. If we don't see them or talk to them, they can't hurt us again, but this isolation also prevents the possibility of the relationship from ever being repaired. At some point in life, a situation may arise in which we need the aid of another. The person we have exiled is the first to extend a helping hand. Maybe we can learn from little children and ask ourselves, what is so great about being right?

Our Community Resources staff can also help you in that time of need. We offer consultations and referrals for older adults (60+) and their families and can help identify needs, clarify options, find solutions to your issues and develop a plan for services. Our number is (303) 441-4388.

Resources

Money Management/Bill Payer Program

Trained volunteers help to prepare checks, balance your checkbook, and help with budgeting and organizing paperwork. Contact Nancy Harper at (303) 441-4388. Sponsored, in part, by Dignity Care.

Peer Counseling

Growing older brings change. Peer Counselors are trained volunteers who provide supportive counseling for people age 60+. Meet privately or join a group. Caregivers support group also available. You may talk to any of the Community Resources staff about this important, helpful program. Call (303) 441-4388.

Low-Vision Support Group

Meets the fourth Monday of each month, 1:00 -2:00 p.m., at the West Boulder Senior Center, 909 Arapahoe. Other meetings held in Boulder at Golden West, Alterra Wynwood, Frasier Meadows and throughout Boulder County. Call Julie or Mitzie at (303) 442-8662 for more information.

Medicare Ombudsman

They will assist you with the new Medicare Prescription Drug Plan and information on other Medicare benefits, HMO's, supplemental insurance policies, beneficiaries' rights and the appeals process. Call Alice at (303) 441-1706 or Phil at (303) 441-1543.

IMPORTANT MEDICARE DATE

Open enrollment begins for Medicare Part D on November 15, 2006. You can sign-up for Medicare Part D prescription drug coverage or change your current Medicare Part D plan during the annual open enrollment period, which will be from November 15 through December 31 each year. Your Medicare prescription drug plan will begin January 1 of the following year.

Respite Care and Special Friend Volunteers

Volunteers are matched with older adults, 60+, who live alone or with family caregivers. The volunteers visit the older adults two hours each week and provide friendship and companion-level assistance with activities and outings and needed respite for family caregivers. Call (303) 678-6286 if you would like to volunteer or need volunteer assistance. This program is jointly sponsored by Boulder County Aging Services and local senior services.

Grandparents Raising Grandchildren Support Group

Free group for grandparents who are raising grandchildren of any age

- 4th Monday of each month, 10 11:30 a.m., West Boulder Senior Center, 909 Arapahoe Ave.
- Child care provided during the meetings
- Stay for lunch at Café Classico at 11:30 a.m. (first one is free!)
- Also in Longmont first Wednesdays and in Louisville first Thursday evenings of each month
- Call Sandy Hollingsworth for information, (303) 441-4388

Friendship Circle

We've just celebrated our 2nd Anniversary! Drop-by any Wednesday, from 10 – 11:30 a.m. at the West Senior Center. Meet new friends, have a coffee and danish, join in on the latest topic of interest! Contact Sandy Short at (303) 441-4388 for more information. Thank you to our sponsors: Alterra Villas at the Atrium, Comfort Keepers and Mesa Vista.

RSVP

Retired and Senior Volunteer Program

RSVP staff is available to answer questions about becoming a volunteer and to take your referral information for their many programs including Carry Out Caravan Grocery Delivery Service, Handyman Fix-it home repair service, Telephone Reassurance, Friendly Visitors, Vial of Life emergency response program and others! Please drop by their table in the lobby at:

West Boulder Senior Center 909 Arapahoe Avenue 1st Tuesday of the month 9:30 – 11:30 a.m.

East Boulder Senior Center 5660 Sioux Drive 4th Tuesday of the month 9:30 – 11:30 a.m.

They will have materials and applications available to make it easy for you to sign up. (303) 443-1933.

We appreciate your contributions which support our programs and services. Thank you.

DON'T FORGET THE REBATES AND REFUNDS

City of Boulder Food Tax Refund. Income guidelines set by the city. Applications at each Senior Center or for information call (303) 441-3077. Apply March – June 30.

Colorado Property Tax/Rent/Heat Rebate. applications are due by December 31 each year based on the previous year's income, rent or property tax plus heat paid. Income guidelines apply. You may obtain application 104PTC from Community Resources or the Tax Aide program at each center.

ON-GOING DROP-IN ACTIVITIES

WEST SENIOR CENTER 909 ARAPAHOE AVENUE

MONDAY

Drop-in Table Tennis

10 a.m. – noon

Partner Duplicate Bridge

12:45 - 4 p.m.

Don Lilley (720) 565-6817

Grandparents Raising

Grandchildren Support Group

10 - 11:30 p.m.

4th Monday of Every Month

Sandy Hollingsworth (303) 441-4388

Free childcare during the group

TUESDAY

Drop-in Table Tennis

10 a.m. – noon

Drop-in Scrabble

12:30 – 4 p.m.

Esther Goodyear (303) 444-9201

Partners and Language

1 - 2:30 p.m.

Debbie (303) 444-6210

WEDNESDAY

Friendship Circle

10 - 11:30 a.m.

Sandy Short (303) 441-4388

Duplicate Bridge

Partners only

12:45 - 4 p.m.

Ann Perryman (303) 516-9489

Creative Writing

1:30 - 3 p.m.

Joan Knutson (303) 665-3040

THURSDAY

Cribbage

8:30 - 11 a.m.

Central Optimist Club

9 – 11 a.m.

Sharie Buck (303) 442-0755

World Affairs Discussion

9:30 - 11:30 a.m.

Ted Crane (303) 546-9710

Drop-in Table Tennis

10 - noon

Senior Saints Choir

1:30 – 3 p.m., September to May

Virginia Maestas (303) 664-5623

Norene Schum (303) 939-0605

Jo Jacobson (303) 444-2745

Flatirons Mineral Club

 $7-10~\mathrm{p.m.}$, 2nd Thursday of Every Month

Gerald Naugle (303) 591-2830

FRIDAY

Stitch & Share

8:30 - 11:30 a.m.

Marian Sikora (303) 442-3150

Shuffleboard

8:30 - 11 a.m.

Whitey Smith (303) 444-0302

National Active and Retired

Federal Employees Association

Noon – 3 p.m., 1st Friday of every Month

No Meetings July & August

Winston Scott (303) 494-6752

Party Bridge

1:00 - 3:30 p.m.

Amelia Miller (303) 499-2922

Reservations by 6 p.m. Wednesday prior

If you are interested in joining a woodcarving group, please call Marilyn at (303) 443-8198.

If you are interested in joining a chess group, please call David at (303) 494-2036.

EAST SENIOR CENTER 5660 SIOUX DRIVE

MONDAY

Canasta

1 p.m.

Margaret Anderson (303) 527-3451

Newcomer's Bridge

12:30 – 4 p.m.

Margaret Banse (303) 938-1760

Joan Sheforge (303) 684-9855

TUESDAY

East Boulder Optimist Club

9 – 11 a.m.

Jim Cowdery (303) 494-5844

Al Zach (303) 499-9129

WEDNESDAY

Boulder Stamp Club

7 – 9 p.m., 4th Wednesday of each month Jim Williams (303) 494-4185

THURSDAY

Practice Bridge

12:45 – 4 p.m.

Ann Perryman (303) 516-9489

FRIDAY

Boulder Garden Club

1 – 3 p.m., 3rd Friday of the month Sandy Edmondson (303) 443-9253

SATURDAY

Dance Club

2 to 4 p.m., 2nd and 4th Saturday

Adele Shrout (303) 494-9167

Military Officers Association

 $8-10~\mathrm{a.m.}$ Breakfast, 2nd Saturday of each month Hal Riggs (303) 494-6122

Columbiner's Square Dance Club

7:15 - 10:15 p.m.

2nd and 4th Saturday of the month

Ed and Mary Ellen Vejroda (303) 499-0164

Wayne & Betty Harris (303) 828-1068

Important Telephone Numbers

East Senior Center(303) 441-4150
55+ Wellness Program(303) 441-0444
Accident Report(303) 441-3333
Care Link /Adult Day Svs (720) 562-4470
Center for People
with Disabilities(303) 442-8662
Close Call Phone Line(303) 441-4272
City Information(303) 441-3388
Eldershare Food Program (303) 652-1307
Fire Prevention/Safety(303) 441-4355
Flu Shot Hotline(303) 441-1450
Ice Busters(303) 441-3157
ice dusters (505) 441-5157
LEAP(303) 678-6023/6097
, ,
LEAP(303) 678-6023/6097
LEAP(303) 678-6023/6097 Meals on Wheels(303) 441-3908
LEAP(303) 678-6023/6097 Meals on Wheels(303) 441-3908 Medicare Ombudsman(303) 441-1706
LEAP(303) 678-6023/6097 Meals on Wheels(303) 441-3908 Medicare Ombudsman(303) 441-1706 Police Senior Liaison(303) 441-3322
LEAP (303) 678-6023/6097 Meals on Wheels (303) 441-3908 Medicare Ombudsman (303) 441-1706 Police Senior Liaison (303) 441-3322 Pothole Hotline (303) 441-3962
LEAP (303) 678-6023/6097 Meals on Wheels (303) 441-3908 Medicare Ombudsman (303) 441-1706 Police Senior Liaison (303) 441-3322 Pothole Hotline (303) 441-3962 R.S.V.P (303) 443-1933
LEAP (303) 678-6023/6097 Meals on Wheels (303) 441-3908 Medicare Ombudsman (303) 441-1706 Police Senior Liaison (303) 441-3322 Pothole Hotline (303) 441-3962 R.S.V.P (303) 443-1933 RTD (303) 299-6000
LEAP (303) 678-6023/6097 Meals on Wheels (303) 441-3908 Medicare Ombudsman (303) 441-1706 Police Senior Liaison (303) 441-3322 Pothole Hotline (303) 441-3962 R.S.V.P (303) 443-1933 RTD (303) 299-6000 Time Exchange Network (303) 228-3404
LEAP (303) 678-6023/6097 Meals on Wheels (303) 441-3908 Medicare Ombudsman (303) 441-1706 Police Senior Liaison (303) 441-3322 Pothole Hotline (303) 441-3962 R.S.V.P (303) 443-1933 RTD (303) 299-6000 Time Exchange Network (303) 228-3404 Social Security Office 1-(800) 772-1213

Senior Services Staff

Director of Senior Services, *John Riggle* (303) 441-4365 Communication Asst. and Prog. Coord.: Classes, Karen Morgan.....(303) 413-7487 Program Coordinator: Travel, Sarah Rebman(303) 441-3915 Program Coordinator: Sports, Wellness Programs, *Jan Meyer* (303) 413-7489 Community Resources Coordinator: Sandy Hollingsworth Resource Referral: Sandy Short and Nancy Harper...... (303) 441-4388 Receptionist, West Senior Center, David Coile(303) 441-3148 Receptionist, East Senior Center *Sharon Loy* (303) 441-4150 Facility Scheduling Coordinator, Anna Taylor (303) 413-7494 Facility Scheduling Coordinator, Chuck Shirk (303) 441-4438 Bookkeeper, *Phyllis Klicker* (303) 441-4437 Registration (303) 441-3148 or (303) 441-4150

DON'T BE DISAPPOINTED. Register early for classes, trips, special events and wellness programs. Many of these activities fill up quickly, but others are canceled due to insufficient registrations.

What's Up With the New Medicare Drug Benefit?

By Alice Ierley, Boulder County Aging Services Medicare Ombudsman

Medicare Part D, the prescription benefit, has now been underway for three months. While we all wish we knew then what we know now, it is worth taking a look periodically to update our knowledge based on recent experience. In that light, here are some thoughts and advice on the subject.

Medicare Part D: In the Beginning.

Medicare Drug Prescription Benefit Program (Part D) is the biggest change in Medicare since the program's inception. As those of you who have been making decisions about Part D know, people with Medicare Part A and /or Part B, of any income level, are eligible for Part D.

Different groups of people are affected in different ways by this change. Those with "credible" coverage from a retiree plan, Tricare (military), union plans, etc. have no need to enroll in a Part D plan.

Those with Medicaid and full Medicare (Dual Eligibles) who have received drugs through Medicaid in the past must now receive their medications through Part D. By now, most Dual Eligibles have either chosen a plan or been automatically enrolled into a plan. Effective May 1, anyone on Medicare who also has a Medicare Savings Plan (partial Medicaid), SSI, or applied for and was approved for "Extra Help" will also be auto-enrolled into a plan if they have not already joined one. They will not have a premium or a deductible for this coverage.

People currently in or looking to join an HMO or a PPO are arranging their Part D coverage through those providers. Everyone else can decide whether to enroll in any of Colorado's 42 Part D Prescription Drug Plans (PDPs).

Any single person with assets less than \$7,500 (not including house or car) and income less than \$1,245 per month, or thereabouts, should apply for "Extra Help" (\$1,670 income and \$23,000 assets for a couple). They may end up with a very significant benefit with very little cost involved.

The Present. Many people have signed up for Part D. Some groups of people are finding a very significant benefit, particularly those who use many or expensive drugs and have had no help in the past. Those who have applied for and been found eligible for Extra Help may be experiencing the greatest gains. People who were able to do a thorough comparison of plans, with help in many cases, tend to be most satisfied since there are sizable cost variations from plan to plan and different plans cover different drugs.

There are still numerous people who have not signed up for Part D. At this time, May 15 is the time limit for enrolling for this year. There will be open enrollment again in November and December, with coverage beginning in January 2007. Also at this time, there is a lifetime penalty involved in late enrollment, based on 1% of the base premium per month, accrued for each month from May 15 forward. Both of these restrictions are controversial and are being debated in Washington and elsewhere.

Some of the areas of difficulty with implementation to date are complexity of the plans and the process of plan comparisons, getting "transition supplies" of drugs when a plan denies coverage of a drug either because it is not on the formulary or because there is a limitation on its use, people entitled to Extra Help not getting their drugs at the appropriate reduced prices; length of time to get proof of enrollment mailed out, difficulty with transitions from one plan to another, and length of time getting through by phone to plans by members and pharmacists. Luckily, numerous people have been able to navigate through their coverage or have avoided these implementation problems entirely.

The Future. What to expect from here on out? Hopefully, a number of the implementation problems listed above will get ironed out. Meanwhile, as the year progresses, many plan members will enter the Coverage Gap, some of whom will re-emerge before the end of the year. Remember that only covered drugs provided by the plan will count towards the \$3600 out of pocket limit that gets you back out of the coverage gap.

Look for changes to plans, beginning any time now and particularly as you consider whether to make changes in the annual Open Enrollment period (November and December), in the costs and the formularies - lists of drugs covered. Although it may be tempting to stay put with the plan you have now and avoid having to go through the hassle again, changes in costs and coverage could mean a very different outcome in a plan comparison of your needs.

Plan use of Utilization Management Tools (UMTs) such as step therapy (try the cheaper drug first), quantity limits (default number of pills per month), and prior approval (doctor must seek approval before prescription can be approved) may also factor into which plan is best for your needs. The more UMTs there are for your drugs in your chosen plan, the more barriers there are for you to access prescriptions.

For help with questions, problems, or enrollment, the following resources are available without cost:

Resources

Internet

www.medicare.gov (compare plans or enroll) www.ssa.gov (apply for extra help)

Phone

Boulder County Medicare Ombudsman Offices (any Medicare issues, including Part D).....303-441-1706, 303-441-1543

English or Spanish 303-678-6113

In person: Call for scheduled times for help with plan comparison or enrollment

City of Boulder Senior Services..... 303-441- 4388

City of Longmont Senior Services .. 303-651-8411

City of Louisville Senior Services.. 303-335-4919

City of Lafayette

Senior Services303-665-5506 x3840

REGISTRATION

REGISTRATION/REFUNDS/ CANCELLATIONS

When to register. Mail in your registration, drop it off, fax it in or use our web site at www.boulderseniorservices.com to register for the Summer session. Gold Rush members' registration will be processed by a lottery system on Wednesday, May 17. All other registrations will be processed by a lottery system on Thursday, May 18. Walk-in and phone-in registration begins at 8:30 a.m., Tuesday, May 23.

Senior Services saves money by using the U. S. Postal Services bulk rate to deliver our magazine. The post office delivers bulk rate mail to each zip code when carriers are available, and seniors therefore receive their magazines at varying times. This is why we instituted a lottery system for registration several years ago.

When we receive your registration, whether it is faxed, dropped off, or mailed, we hold it until the first day of registration. Gold Rush members are processed one day earlier than other participants as a benefit for being members. We do not process registrations in the order in which they arrived. They are placed in a holding bin and randomly drawn on the day of registration. There is no guarantee that you will be registered for the activity you requested. Be sure your registration form is accurate and complete, because your registration will be delayed if we need to contact you.

Gold Rush priority registration. The first day of registration (May 17) will be devoted to processing registrations mailed, faxed or dropped-off by Gold Rush members. A lottery system will be used.

On-line registration. Seniors may register on-line beginning on May 23 at www.boulderseniorservces.com. You must be 60 or over and have your PIN and personal Bar Code number. Call (303) 441-3148 or (303) 441-4150 to obtain your numbers.

Please Note:

- Make your check payable to "City of Boulder".
- Include completed and signed registration form, and check or charge information. Do not mail cash.
- There will be a \$15 fee for returned checks.
- All programs are subject to cancellation if minimum enrollment numbers are not met.
- If your activity is cancelled by Senior Services, you will receive full refund or credit.
- Refund checks requested by our customers are subject to a \$5.00 processing fee. Save \$5.00 by requesting a credit to your Senior Services account instead. Senior Services account credit will be given instead of refund checks for amounts less than \$10.00.

Where to register

1) West Senior Center

909 Arapahoe Ave., Boulder, CO 80302 (303) 441-3148 Fax: (303) 441-4149

2) East Senior Center

5660 Sioux Drive, Boulder, CO 80303 (303) 441-4150 Fax: (303) 413-7495

3) Online: www.boulderseniorservices.com

Refund and Cancellation Policies. All refund checks are subject to a \$5 processing fee unless Senior Services made the cancellation. Save \$5 by taking a credit to your Senior Services account instead. Please allow 2 weeks for a refund check.

Day Trips. 10 business days or more from date of trip, full credit on your Senior Services account, or a refund minus processing fee of \$5.00. Less than 10 business days from date of trip, no refunds or credit given. Call Senior Services for assistance if needed to fill your spot. For safety and liability reasons, call Senior Services if you transfer your reservation to another person. (or, if another person will be coming in your place)

Overnight Travel. Please refer to specific trip itinerary for refund policy.

Classes, Sports – includes one-on-one tutoring. No refunds or credit given if you cancel less than 3 business days from start of a one day class or program. Before the second meeting (if class or program meets more than one time) full credit on your Senior Services account, or a refund minus a \$5 processing fee. No refunds or credit will be given after the second class or meeting.

Massage and Reflexology

- To reserve a time, payment must be made.
- If you need to cancel an appointment, please call ASAP.
- Appointments cancelled less than 48 hours in advance will be credited IF WE ARE ABLE TO FILL THAT TIME SLOT.
- \$5 processing fee charged for all reschedules, cancellations and refunds.
- We reserve the right to provide a substitute therapist (of the same sex) if necessary.

Great Chefs. Cancellations received five working days prior to the event will receive full credit. No refund can be given if you cancel less than five working days before the event.

Activity Registration Summer 2006

West Senior Center, 909 Arapahoe Avenue, Boulder, CO 80302, (303) 441-3148 East Senior Center, 5660 Sioux Drive, Boulder, CO 80303, (303) 441-4150

Name	Phone	Birth date
Address		Apt
City	State	Zip
☐ City of Boulder Resident ☐ Gold Rush Member C	Card #	Exp. Date
□ Reduced Fee Participant		

CHECK ONE	BAR CODE	ACTIVITY	DATE	GOLD RUSH RES.	CITY RES.	GOLD RUSH NON-RES	NON- RES
GOLD	RIISH - 1	JOIN NOW!					
GOLD				\$12		\$12	
		Gold Rush Membership		<u> </u>		'	
		Gold Rush Additional Member		\$7		\$7	
	93264	Great Chefs - Moongate Asian Bistro, Lafayette	Sat, Jul 15	\$10	\$11	\$12	\$13
CLASS	ES			•	•		
	93133	Ceramics Lab – Session I	Wed, Jun 7	\$21	\$23	\$26	\$28
	93134	Ceramics Lab – Session II	Wed, Jul 12	\$31	\$33	\$36	\$38
	COM1	Computers One on One	TBD	*	\$28	*	\$30
	DIG1	Digital Camera One on One	TBD	*	\$42	*	\$44
	93169	Tap Dance	Wed, Jun 14	\$40	\$42	\$45	\$48
	93140	Line Dancing Session I	Thu, Jun 15	\$13	\$15	\$16	\$18
	93141	Line Dancing Session II	Thu, Jul 6	\$17	\$19	\$21	\$23
	93142	Line Dancing Session III	Thu, Aug 3	\$17	\$19	\$21	\$23
	93135	Ballroom and Latin Dance Session I	Wed, Jul 12	\$15	\$17	\$20	\$22
	93136	Ballroom and Latin Dance Session II	Wed, Aug 2	\$21	\$22	\$26	\$27
	93143	Rubber Stamping – Bird Song Star Book	Thu, July 13	*	\$10	*	\$12

KEY: TBD: To be determined *No Gold Rush discount fees available

Total for this page \$ _____



CHECK ONE	BAR CODE	ACTIVITY	DATE	GOLD RUSH RES.	CITY RES.	GOLD RUSH NON-RES	NON- RES
	93144	Rubber Stamping- Down on the Farm	Thu, Aug 10	*	\$10	*	\$12
	93138	Intermediate Recorder – Session I	Wed, Jun 14	\$28	\$29	\$31	\$32
	93139	Intermediate Recorder – Session II	Wed, Aug 2	\$38	\$39	\$40	\$41
DAY TI	RIPS						
	93363	Joseph and the Amazing Technicolor Dreamcoat	Sat, Jun 3	\$76	\$79	\$91	\$95
	93364	Hudson Gardens	Tue, Jun 13	*	\$6	*	\$8
	93365	Downtown Aquarium	Fri, Jun 16	*	\$20	*	\$25
	93366	Body Worlds 2	Tue, Jun 20	*	\$25	*	\$30
	93368	Ardelt's Victorian Garden	Thu, Jun 22	\$34	\$37	\$42	\$45
	93377	Greek Festival	Sat, Jun 24	*	\$10	*	\$12
	93370	Scarlet's of Central City	Tue, Jun 27	*	\$10	*	\$12
	93374	Byer Evans House and Grant Mansion	Thu, Jun 29	*	\$29	*	\$35
	93383	Colorado Central Station Casino	Mon, Jul 10	*	\$10	*	\$12
	93384	Bombay Dreams at Buell Theatre	Sat, Jul 15	\$73	\$76	\$87	\$91
	93385	Big Circle Tour/Grand Lake	Tue, Jul 18	*	\$56	*	\$67
	93386	Sacred Landmarks Preservation Tour	Fri, Jul 21	*	\$12	*	\$14
	93387	Champions on Ice	Sat, Jul 22	*	\$91	*	\$109
	93388	The Callahan House	Thu, Jul 27	\$32	\$35	\$38	\$42
	93389	The Ballad of Baby Doe/ Central City Opera	Sat, Jul 29	*	\$127	*	\$148
	93390	Vail International Dance Festival	Sat, Aug 5	\$123	\$126	\$147	\$151
	93391	Venice on the Creek	Wed, Aug 9	\$32	\$36	\$38	\$43
	93392	Denver Museum of Miniatures	Fri, Aug 11	*	\$16	*	\$19
	93393	Bull Durham in Blackhawk	Mon, Aug 14	*	\$10	*	\$12
	93394	Ellie Caulkins Opera House	Thu, Aug 17	*	\$63	*	\$74

KEY: TBD: To be determined *No Gold Rush discount fees available

Total for this page \$ ______

CHECK ONE	BAR CODE	ACTIVITY	DATE	GOLD RUSH RES.	CITY RES.	GOLD RUSH NON-RES	NON RES
	93395	Rocky Ridge Music Center	Sun, Aug 20	*	\$48	*	\$57
	93396	Domo's Japanese Country Garden	Tue, Aug 22	\$9	\$12	\$11	\$14
	93409	Swing/Country Dinner Playhouse	Sat, Aug 26	*	\$55	*	\$66
Sports a	and Well	Iness					
	91717	Tennis Program	TBD	*	\$40	*	\$50
	91718	Tennis Tournament Partner/ Additional Member	TBD	*	\$15	*	\$18
	93187	Caribou Ranch Hike	Thu, Jul 13	*	\$7	*	\$9
	93188	Bicycle Tune-Up Clinic	Tue, Jun 13	\$4	\$6	\$4	\$8
	93189	Juggling for Fun and Fitness	Fri, Jun 16	*	\$14	*	\$17
	93190	Beginning Kayaking	Wed, Jun 28	\$75	\$80	\$85	\$90
	93191	Senior Day at Water World	Fri, Aug 25	*	\$7	*	\$8
	93192	Fitness Assessments	TBD	*	\$26	*	\$31
	93193	Miracle Workout Semi-Personal Training	Mon, Jun 12	*	\$112	*	\$130
	93194	Weight Training	Wed, Jun 14	*	\$24	*	\$29
	93195	Stretch and Relaxation	Wed, Jun 14	*	\$24	*	\$29
	93196	Stretch and Relaxation, Half Session	TBD	*	\$14	*	\$17
	93201	Punchcard – 6 Classes	TBD	*	\$40	*	\$45
	93202	Punchcard – 12 Classes	TBD	*	\$75	*	\$80
	93204	Punchcard – 18 Classes	TBD	*	\$110	*	\$12
	93212	Fitness Package A	TBD	*	\$124	*	\$13
	93213	Fitness Package B	TBD	*	\$190	*	\$21
	93211	Fitness Package C	TBD	*	\$190	*	\$21
	93215	What Supplements Should I Take?	Thu, Jun 15	\$3	\$5	\$4	\$6
	93217	Acupuncture Lecture	Thu, May 25	FREE	\$4	FREE	\$5





CHECK ONE	BAR CODE	ACTIVITY	DATE	GOLD RUSH RES.	CITY RES.	GOLD RUSH NON-RES	NON- RES
	93216	Acupuncture Series	Thu, Jun 15	*	\$90	*	\$95
	93218	Path to Peace of Mind	Mon, Jun 19	FREE	FREE	FREE	FREE
	93207	Tai Chi Begin/Adv Beginning	Fri, Jun 2	\$48	\$52	\$56	\$60
	93208	Tai Chi Intermediate	Fri, Jun 2	\$48	\$52	\$56	\$60
	93209	Tai Chi, Half Session	TBD	\$26	\$28	\$30	\$32
KEY: TBD: To be determined *No Gold Rush discount fees available		Tot	al for th	is page	\$		

No Gold Rush discount fees available

Registration Information: (303) 441-3148 or (303) 441-4150

Registration Fax: (303) 441-4149 or (303) 413-7495

Treat yourself to a Massage: (303) 441-4150 Relax with Reflexology: (303) 441-3148

Total for this page	\$
	Add Page Totals
Subtotal for page 43	\$
Subtotal for page 44	\$
Subtotal for page 45	\$
Subtotal for page 46	\$
Sr. Service Account Credit	\$
Total Due	\$

Risk and Release Statement (Required for participation in activities)

Acknowledgement of risks: By registering for the above identified program(s), registrant acknowledges that the activities carried on in these programs carry certain risks for the participant. These risks may include, but are not limited to, heart attack, stroke, circulatory problems, bone & joint injury, back injury, muscle strain & other muscle injuries, foot problems, head, neck & spinal injuries, altitude sickness, and heat stroke & heat exhaustion. Registrant has independently reviewed and evaluated the risks and determined to engage in the programs with full knowledge and acceptance of the risks. The registrant agrees to and does hereby release and forever discharge the city of Boulder, Boulder Senior Services, and their officers, employees, agents and volunteers from any and all liability for damages, loss, or personal injury arising out of or related to registrant's participation in the above programs and activities. If I choose to depart from the program itinerary I will inform the leader and release the City of Boulder from all liability; and participation in any program may be suspended until further notice. Participants may be photographed while utilizing the facility, or participating in the city of Boulder's programs and said photographs, or likeness of me, may be used to publicize activities as the city deems appropriate. I am aware of the activity level that is required of these programs and I believe that I am physically fit enough to participate.

I have read and understand the Risk and Release Statement.

Participant signature	Date					
Special Needs. Please note any special needs you may have:						
I have read the Refund Policy.						
☐ Check or money order enclosed, payable to Ci	ity of Boulder					
□ VISA □ Mastercard Card #	Exp. Date					
PLEASE provide your e-mail address if you w programs, services, and upcoming events. W	ould like to receive notices about Senior Services' 'e will not sell or give out your address.					
E-mail Address						

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Boulder Seniors Foundation 909 Arapahoe Ave. Boulder, CO 80302

of Alzheimer's care.

www.boulderseniorservices.com West Center (303) 441-3148 East Center (303) 441-4150 Non Profit Organization US Postage PAID Permit. No. 297 Boulder, CO